

**NEWSLETTER**

**December 2022**

**HAPPY CHRISTMAS!**

SLYPN Who’s Who: (<https://slypn.org.uk/contact/>)

**Founder of SLYPN:** Sarah Webb

**New Members, Newsletter and Whatsapp Group:** Sue Roberts

**Popping for Parkinson’s:** Simone Sistarelli

**SLYPN Coffee Meets:**  Brian Lowe

**SLYPN Website:** Kerry Wilson & Chris McNicholas ([www.slypn.org.uk](http://www.slypn.org.uk))

**Social Media:** Liz Whitson

**Treasurer:** Angela Barton

**WHAT’S HAPPENED**

2022

**Can’t believe, it’s December and Christmas is round the corner.**

**Thank you to everyone who has supported our events over the past year, plus a BIG thank you to all the members mentioned on the above list, who work with me behind the scenes and I rely on completely to help me run everything. I couldn’t do it without you all.**

**Sarah xx**

**Happy Christmas everyone and let’s hope 2023 is a good one!**

**DECEMBER DRINKS & COMEDY NIGHT**

**Tuesday, 6 December 2022 at Half Moon, Putney. Meet from 6.45pm in pub. Entry for SLYPN is 7.25pm. Doors open at 7.30pm.**

**If you are interested in joining us, please buy your ticket here:**

[**https://tickets.halfmoon.co.uk/events/2022-12-06-gits-and-shiggles-comedy-nina-conti-sara-barron-joe-thomas-plus-amy-annette-plus-more-tbc-half-moon-putney**](https://tickets.halfmoon.co.uk/events/2022-12-06-gits-and-shiggles-comedy-nina-conti-sara-barron-joe-thomas-plus-amy-annette-plus-more-tbc-half-moon-putney)

**Just let me know your booking number.**

**RESEARCH**

**Parkinson’s UK**

How to get involved, sign up to their newsletter etc..

[https://www.parkinsons.org.uk/research](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.parkinsons.org.uk%2Fresearch&data=05%7C01%7C%7C6684c1fd48064c490fc908da8bf851da%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637976195888310122%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=7ADWKw2T2s0zVJY7nv%2FXVr243An7yIhZjP7lL4%2B8sMQ%3D&reserved=0)

**Cure Parkinson’s Trust**

[https://cureparkinsons.org.uk/take-part-in-research/](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcureparkinsons.org.uk%2Ftake-part-in-research%2F&data=05%7C01%7C%7C6684c1fd48064c490fc908da8bf851da%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637976195888310122%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=qEf2OYfJ9%2Bn938iBxtYEoWSoRmaHgbIjU216M0H8i8E%3D&reserved=0)

**Michael J Fox Young Onset updates**

<https://www.michaeljfox.org/news/young-onset-parkinsons-disease>

**English National Ballet**

Face to face sessions:

[www.ballet.org.uk/events/dance-for-parkinsons](http://www.ballet.org.uk/events/dance-for-parkinsons)

Zoom sessions:

**https://www.ballet.org.uk/event/dance-parkinsons-online-classes/**

**COFFEE MEETS’**

**Next Coffee Meeting: Saturday, 28 January 2023** - 10am-12noon.

**FUTURE COFFEE MEETS 2022: (Face to Face) :**

Saturday 25 February, 25 March, 29 April, 27 May.

Held on the last Saturday of each month from : 10.00am to 12noon.

<https://www.southbankcentre.co.uk/visit/cafes-restaurants-bars/riverside-terrace-cafe>

**LIST OF WEEKLY ACTIVITIES: Everyone is welcome to join any of these sessions:**

**MONDAY:**

Neuro-Plasticity Session by Ailien Rhijnsburger- 11.00am-12noon (Online)

Exercises to help repair the damaged pathways in our brains. Every session is different and Ailien takes an interest in everyone’s weakness and provides individual feedback.

Contact no: M07807 834564 - lessons are £15.00 but it is good value for money

www.fitandhappyoutdoors.com

**TUESDAY:**

Popping Online By Simone Sistarelli.

Tuesdays at 5.00-6.00pm. ONLINE SESSION VIA ZOOM.

Classes are free of charge. To participate, register for free through the website: [www.poppingforparkinsons.com](http://www.poppingforparkinsons.com)

**WEDNESDAY:**

PD POWER UP with Louise (online) Roughly £3.75 per class - 10.00am-11.00am

PD Power is based on PD warrior exercises and designed to help you to retain amplitude and power in your movements. Based on physio designed exercises, which are specifically chosen to mitigate common PD issues.

Contact Louise: M 07415 383887. E. lab8591@gmail.com

**SLYPN FUN QUIZ:**

Wednesdays 6.45pm – 7.30pm ONLINE SESSION VIA ZOOM.

Zoom Meeting link posted weekly on SLYPN Whatsapp group.

**THURSDAY:**

**Neuro-Plasticity Session by Ailien Rhijnsburger -** 11.00am-12noon (Online)

Exercises to help repair the damaged pathways in our brains. Every session is different and Ailien takes an interest in everyone’s particular weakness and provides individual feedback.

Her no. is 07807 834564 - lessons are £15.00 but it is good value for money

www.fitandhappyoutdoors.com

**POPPING FOR PARKINSON'S** -by Simone Sistarelli. - 7.00pm-8.00pm. Face to Face at the Wimbledon Club

Classes are free of charge. To participate, register for free through the website: [www.poppingforparkinsons.com](http://www.poppingforparkinsons.com)

**FRIDAY**

PD POWER UP with Louise (online) Roughly £3.75 per class. - 10.00am-11.00am

PD Power is based on PD warrior exercises and designed to help you to retain amplitude and power in your movements. Based on physio designed exercises, which are specifically chosen to mitigate common PD issues. Contact Louise: M 07415 383887. E. lab8591@gmail.com

**Other recommended on-line events:**

NeuroHeroes

<https://www.neuroheroes.co.uk/> does a variety of classes for all abilities, including strength classes, circuit classes, and pd warrior type sessions. All on zoom.

Caroline Bullock PD Neurofit: - Mondays 11.00am, Wednesday 11.00am

Aimed at keeping you fit, energised and connected. The sessions are circuit-based working on cardiovascular fitness; balance; co- ordination and flexibility. Tailored to the individual. 45 minutes on zoom. Caroline is a qualified physiotherapist. £5.00 per Class. Contact: M 07967825699. caroline@mobileneurophysio.com

Sports Parkinson’s

The recently formed Sport Parkinson’s has a load of FREE on-line classes.

**Fitism Seniors**

<https://fitismseniors.co.uk/> - First month is £1 and then £10. Good selection of online classes.

Reach your Peak.com - is another PD Warrior type of on-line exercise class - cost £39 per month but this one is video rather than a Zoom class - you can try it out on their week-long “bootcamp” for £10.00 on [www.reachyourpeak.com](http://www.reachyourpeak.com)

Medication information

Download this app if you want all the details of drugs available in the UK. Produced by BNF for the Royal Pharmaceutical of Great Britain. It is used by medical doctors.

<https://apps.apple.com/gb/app/bnf-publications/id1045514038>